



Class Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Kids Judo	1:30-2:30pm 4pm-5pm	4pm-5pm	4pm-5pm	4pm-5pm	4pm-5pm	830-am- 930am
Teens Judo	5pm-6pm			5pm-6pm		
Advanced Teens Judo		5pm-6pm				
Teens BJJ					5pm-6pm	
Judo Fundamentals	6pm-7pm	6pm-7pm		6pm-7pm		9:30am- 10:30am
Advanced Judo	6pm-7pm			6pm-7pm		
BJJ Fundamentals gi	7:30pm- 8:30pm	6pm-7pm		7:30pm- 8:30pm		
No gi BJJ		7pm-8pm			5:30pm- 6:30pm	10:30am- 11:30
Open Mat	7:00pm- 7:30pm			7:00pm- 7:30pm	5:30pm- 6:30pm	

For a FREE two-week free trial contact Head Coach Matt on 0422793609 or beyondgrapplingclub@gmail.com